SHOPPERS DRUG MART
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HIT PARADE

IN WEDNESDAY'S WIN AGAINST THE YANKEES, SHORTSTOP YUNEL ESCOBAR SEALS HIS REPUTATION AS A BLUE JAY TO WATCH PAGE 20

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Thursday, August 30, 2012
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Frosh life full of 'unspoken expectations'

Back to school. First-year students can feel overwhelming social pressure to 'do it,' counsellor says

ANGELA MULLINS
angela.mullins@metronews.ca

Dig into practically any frosh survival kit and you'll find some common themes: Pizza coupons, a campus map, hair gel, condoms and, if you're really lucky, some lube.

There's no doubt about it: College and sex go hand-in-hand. Hardly ever is that more apparent than during the opening weeks of a new school year.

As freshman get their first true taste of freedom, hurry to make new friends and start drinking, the pressure to land a "hookup" or have a story to tell after a night of partying is immense.

For a good portion of students — guys and girls alike — that can be too much to handle.

"There's some sort of unspoken expectation that they're supposed to go have sex," said Candice Lawrence, a counsellor at Fanshawe College. "The ones that truly have a hard time are ones that aren't prepared for any of this — these large, huge parties, these sort of social pressures that exist."

And poor sexual acumen can land students in a world of hurt. Awareness campaigns about the risk of sexually transmitted infections and sexual assault often draw the most attention, but issues such as low self-esteem are just as important for students, Lawrence says.

One-night stands, constant worry about not living up to your friends' expectations or going too far outside your sexual comfort zone can be just as harmful as binge drinking and skipping too many classes. What's important, Lawrence says, is remembering who you are and knowing when to draw the line.

In many cases, frosh week is "one complete overwhelm," she said. "You've just left home, you're suddenly living with people you don't know, there's enormous social pressure, you throw alcohol into the mix.

"Students may make decisions they wouldn't normally make."

Sex included.

Blackboard jungle

- Nearly 50 per cent of students are virgins before going to college or university, says a study published in the Journal of Sex Research. By spring of freshman year, 22 per cent have had sex.
- Eighty per cent of chlamydia and 70 per cent of gonorrhea cases are among 15- to 29-year-olds, the Public Health Agency of Canada reports.

Brittany Appleby, 18, of Wingham, a first-year student at Fanshawe College, shows off some of the sex-themed products in this year's frosh-week kits. Appleby was one of several students helping out on Wednesday as orientation kicked into high gear. Metro takes a closer look at sex and the first-year student on page 3. ANGELA MULLINS/METRO

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From floundering frosh to confident fourth-year

Student speaks.
How hyper-sexed atmosphere at university caught him off-guard, affected his freshman year

ANGELA MULLINS
angela.mullins@metronews.ca

Losing your way in university doesn't necessarily stem from too many parties.

For one Western student, it was fitting in sexually that nearly threw him off course as a frosh.

"I felt pressured to do it, especially every time I drank. I figured picking up women was part of it," a 21-year-old who asked to remain anonymous told Metro. "I tried too hard to be somebody that I wasn't and that ended up hurting my social reputation, which I've worked hard to fix."

Coming from a high school where sex — and partying — wasn't a big focus, the university dynamic was at times a rude awakening for the now fourth-year student.

"(Sex) was a much larger part of the conversation than I was used to in the past," he said. "I was surprised at how much it was brought up."

Hearing stories from friends, gossip around his dorm, and seeing how others acted at bars made him feel pressured to follow suit.

"When everybody else is doing it, you kind of feel pressured to do it yourself whether or not you want to."

There's a right, and wrong, way to adjust, he said.

"Personally, I think I handled it pretty badly."

No one wants to be the guy with a reputation for hitting on every girl at the party. But, like it or not, he was becoming that guy.

"I put myself in a situation where I was socially uncomfortable, and it made me look a lot more socially awkward than I was," he said.

It wasn't until spending a summer at home after freshman year that he fully grasped the wayward path he'd chosen.

At that point, he decided to switch things up.

"I changed my overall goal. I came back home for the summer and things were back the way they used to be. I thought, 'Maybe I should just bring my home self over,'" to Western.

Now, he's in a solid relationship, something that wouldn't have been possible four years ago.

"I've had to look at myself instead of chasing after someone else's ideals," he said. "It's really cliché, but you have to go with just (being) yourself and (doing) what you want to do."

Follow Angela Mullins on Twitter @MetroAngela

Words of wisdom

- Struggling to fit in as a frosh, one 21-year-old Western University student said he nearly lost his identity and now realizes he put too much emphasis on hooking up.
- His best of advice for newcomers? "Peer pressure and (fitting in with) the social norms can be tempting, but you don't have go down that road," he said. "When you're just being yourself, you look more confident."

Western students Raymond Quin, 20, of Toronto, left, and Saskia Martin, 22, of London, prepare extras that will be stuffed in university planners Thursday at the University Community Centre. The planners will be handed out during frosh orientation. ANGELA MULLINS/METRO

Under pressure: Frosh get it from various sources

Where's all that new-found frosh pressure to get laid come from?

College or university students will give you a myriad of answers.

Young hormones fuelled by alcohol are definitely part of the equation, some say. Others think living in co-ed residence halls plays a role.

Even more will tell you that movies depicting university as one wild party after another have a lot to do with it.

A lot of preconceived notions about college life are built in the media, said Kendra Sauder, 24, vice-president of entertainment for Fanshawe College's student union.

And while there's no doubt those notions do play out in real life, there's a bit of a chicken-and-egg scenario when it comes to figuring out why sex seems so important.

Within two weeks after orientation, Fanshawe marks what's become known as Sexual Awareness Week — an attempt to help students get answers to questions and stay safe in all sexual encounters.

During the week, younger students will hear some of the messages Sauder and other student leaders stress all year.

"What we encourage is that students use their common sense, go out in group, don't leave their drinks behind, stick with people they know," she said.

And, one of the most important guidelines: "Be vocal."

"If someone's making you feel uncomfortable, speak out, tell your friends."

ANGELA MULLINS/METRO

Quoted

"What we encourage is that students use their common sense, go out in group, don't leave their drinks behind, stick with people they know."

Kendra Sauder, vice-president of entertainment for Fanshawe College's student union

Passenger service

Via president to meet with mayors

The City of London is hosting a meeting Thursday between Via Rail president Marc Laliberté and a number of local mayors and municipal senior staff. The meeting will be held at city hall from 10:30 a.m. to noon. METRO

Cost-cutting

Grits mull end to police, firefighters' bankable sick days

Premier Dalton McGuinty is urging Ontario municipalities to consider ending bankable sick days for police and firefighters to control costs.

THE CANADIAN PRESS

Ornge you coming?

McGuinty's dodge voter ploy, PCs say

Premier Dalton McGuinty defended his decision not to appear before a committee investigating Ontario's troubled air ambulance service saying Health Minister Deb Matthews had already appeared three times. THE CANADIAN PRESS

Social programs

Ontario the worst, report says

Ontario sits in last place in Canada when it comes to every major social indicator, according to a report released Wednesday by a provincial coalition of labour and community organizations.

THE CANADIAN PRESS

Two-year wage freeze

OPSEU, colleges reach tentative deal

OPSEU announced Wednesday that it has reached a tentative agreement with the Colleges Employer Council to make sure instructors will be in classrooms come September. The deal still needs to be ratified.

METRO

Mobile news

Pepé Le Pew finally found his mate, and it only took 67 years. Scan the code to watch the real-life spunky skunk smooch his feline

Earning respect

Character building in Horvat

Fresh off collecting a handful of points in Team Gold's manhandling of the competition in their two Knights training camp matches on Wednesday, Bo Horvat digressed for a moment.

"It's lot of a fun out there," he said, plainly, as a grin started to form on his face.

Over the past few months, hockey's been enjoyable — to say the least — for the 17-year-old London Knight.

Bo Horvat
METRO FILE

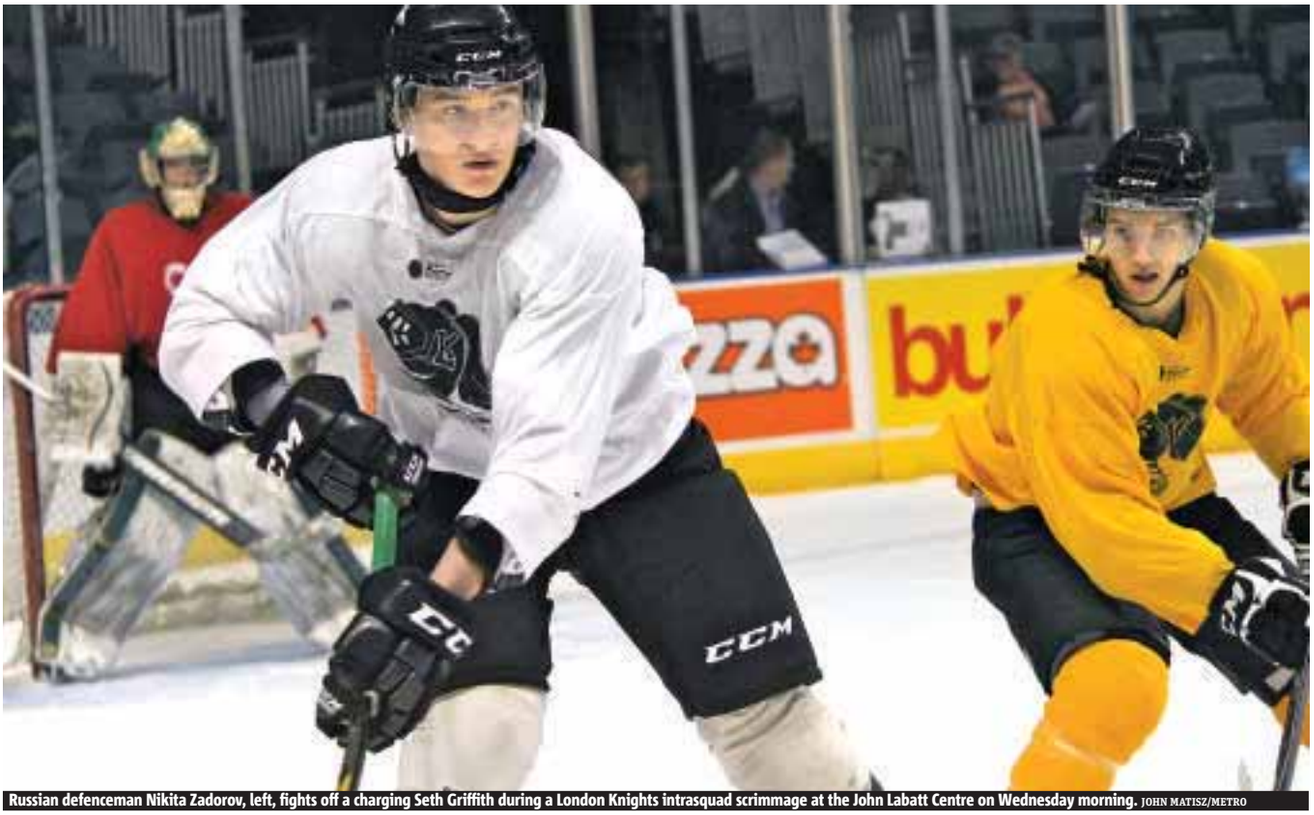
The burly forward is on a high after earning an Ontario Hockey League title then coming one goal away from owning a Memorial Cup ring, as well as having an under-18 championship gold medal hang from his neck. It has snowballed into an impressive start to training camp.

"Getting the chance to play at the Ivan Hlinka (tournament in the Czech Republic/Slovakia in mid-August) helped a lot," Horvat added. "We were out on the ice every day. I feel I'm in pretty good shape right now."

Overseas, Horvat donned an A for the second time at an international competition — the other being at the Under-17 World Hockey Challenge last winter as a member of Team Ontario.

While it may be a long shot to suggest Horvat is in line to have a assistant captain's A pressed upon his jersey this season, it's doubtful many would be upset if such a thing transpired. Simply put, he's a respected kid around the rink.

"I try to pick guys up when they're down and try to make guys as comfortable as possible when they're in the room," he said of his conscious efforts. "On the ice, I'm vocal as well." JOHN MATISZ/METRO



Russian defenceman Nikita Zadorov, left, fights off a charging Seth Griffith during a London Knights intrasquad scrimmage at the John Labatt Centre on Wednesday morning. JOHN MATISZ/METRO

Zadorov embodies ex-captain's qualities

Shutdown D. Russian earning comparison to Tinordi for 'being hard to get around'

JOHN MATISZ
john.matisz@metronews.ca

During his on-ice debut at London Knights training camp, Nikita Zadorov was tossed a daunting task: Shut down leading scorer Seth Griffith.

It turns out Zadorov gave the Boston Bruins prospect all he could handle on Wednesday, the first of two scrimmage-filled days for the 75 players at camp.

"He's like Jarred Tinordi back there," Griffith said on Wednesday, comparing the hulking blue-liner to the Knights' outgoing captain. "He's hard to get around and pretty mobile, which will make him effective here."

Zadorov, who arrived in London just a few days ago — "Good city, great coaches" — is still adjusting to the English language and the mild culture shock. He's travelled to North America before, but the upcoming season will be his first time living away from home.

Ironically, the Moscow native attaches his playing style to that of a Canuck.

"I play more of a Canadian style of game," the 17-year-old told Metro through translator and another outgoing Knight, fellow Russian Vlad Namestnikov. "I like to hit and then start the rush the other way."

As the ninth overall selection in this summer's Canadian Hockey League import draft, there will inevitably be lofty expectations placed on Zadorov's shoulders from the opening puck drop of the 2012-13 campaign onwards.

Apparently, he has high standards himself, too.

"This is my (National Hockey League) draft year, so I want to (get picked) as high as possible," Zadorov said. "It's going to take some time to adapt, but I want to make the best of it."

The Kontinental Hockey League's CSKA Moscow owns Zadorov's rights in Europe. Although the team drafted him fourth overall, his heart is set on playing in the NHL.

"I just want to be a leader," he said of what could help raise his draft stock. "And if you're a leader, there'll be plenty of ice time and points to get."

Overager Tommy Hughes played alongside Zadorov for most of Wednesday's scrimmages. Although it is just training camp, it could be a sign of things to come. The two seem destined to be London's second defence pairing once the regular season rolls around.

Filling big skates

London's blue-line bunch:

- **Nikita Zadorov.** 6-foot-4
- **Tommy Hughes.** 6-foot-2
- **Olli Maatta.** 6-foot-2
- **Scott Harrington.** 6-foot-1
- **Kevin Raine.** 6-foot-1
- **Miles Liberati.** 6-foot-1
- **Tyler Ferry.** 5-foot-10

Knights forward and Londoner Brett Welychka, left, awaits his turn during the second scrimmage of four on Wednesday. JOHN MATISZ/METRO

Knights Knotebook: Day 2 of training camp

Here are some news and notes from London Knights training camp on Wednesday:

Knights never expected McCarron to report

"That was a trade we made in the summer knowing he wouldn't be in camp this year." — assistant general manager Rob Simpson, on the acquisition of 17-year-old Michael McCarron from the Belleville Bulls on June 27.

Griffith awaits new scoring partner — could it be Broadhurst?

"He's obviously a skilled guy. I'd welcome anyone at centre, but he would be nice." — winger Seth Griffith on Alex Broadhurst potentially replacing American Hockey League-bound Vlad Namestnikov as his first line running mate.

Zadorov, Broadhurst in process of being signed; Liberati signed

"Everything's been sent off. We're just waiting to hear back, more or less." — Simpson on Nikita Zadorov and Broadhurst getting officially signed, adding Miles Liberati has already been inked to an Ontario Hockey League contract.

Injury update

The goaltender of the future, 2012 first rounder Liam Herbst, is out for six to eight more weeks. Herbst is still recovering from off-season knee surgery and says he's not about to rush back.

Thursday, Day 3 of London Knights training camp, is open to the public when four teams compete in on-ice scrimmages starting at 8 a.m., 9:45 a.m., 1 p.m. and 2:45 p.m. Enter via Gate 4 at the John Labatt Centre. JOHN MATISZ/METRO

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metro

Boy dismembered

40 years to life for child killer

Levi Aron, a New York City store clerk, was sentenced Wednesday to 40 years to life in prison for kidnapping, killing and dismembering a boy.

Aron, 37, admitted he killed eight-year-old Leiby Kletzky, who was lost in an Orthodox Jewish neighbourhood.

"He's sorry and he wished he hadn't done it," attorney Pierre Bazile said.

THE ASSOCIATED PRESS

She died in jail

Teenage girl's inquest on again

The inquest into the death of a teenage girl in an Ontario prison is set to start anew in Toronto on Sept. 20 after facing numerous delays.

Ashley Smith, 19, from Moncton, N.B., choked herself to death with a strip of cloth at the Grand Valley Institution for Women in Kitchener while guards looked on.

THE CANADIAN PRESS

Mitt's war cry: Veterans!

The Romney line.
They fought for the U.S. abroad, but there are no jobs for them back home ... because of Barack Obama

Republican presidential nominee Mitt Romney ducked out of his own convention Wednesday and promptly lit into U.S. President Barack Obama.

Romney castigated Obama for what he claimed is a failure to create jobs for returning military veterans.

"This president's greatest failure has been his failure to deliver those jobs'' for veterans, Romney said at the American Legion Convention in Indiana.

Meanwhile, Obama — campaigning before a university crowd in Virginia — declared himself unimpressed with the Republican convention.

"You can listen very carefully, very hard, and you won't hear them offer a clear serious path forward,'' he said.

Back at the convention — in Tampa, Fla. — Romney's vice-presidential running mate Paul Ryan was making waves.

In pre-released exerpts from a major Wednesday speech, Ryan declared Romney is ready to meet "serious challenges in a serious way, without excuses and idle words."

He said he and Romney won't duck the tough issues and won't shirk from leading.

Ryan is pledging to solve America's economic problems and says: "We don't have that much time."

Romney's wife, Ann, after a prime-time Tuesday night speech, was at it again on Wednesday.

She joined forces with Ryan's wife, Janna, to headline a "Women for Romney" breakfast fundraiser.

THE ASSOCIATED PRESS

Who cares about politics when it's nap time? Dad — Kyle Welch from Cambridge, Mass.— was cheering his heart out at the Republican convention in Tampa, Fla., but all the hoopla was lost on his one-year-old daughter Lillian. For her, the Republicans' extravaganza was really a bit of a snooze. JAE C. HONG/THE ASSOCIATED PRESS

Oops!

Open mike shuts down Yahoo chief

Yahoo News has fired its Washington bureau chief after he was caught on a microphone saying Mitt Romney and his wife were "happy to have a party with black people drowning."

It was an apparent reference to the Republican convention happening as hurricane Isaac hit the Louisiana coast.

Company spokesperson Anne Espiritu said David Chalian's remark was inappropriate and does not represent Yahoo's views.

She said Yahoo is apologizing to Romney and his supporters.

Chalian spoke out just before Yahoo began its live coverage of the Republican convention on Tuesday evening.

THE ASSOCIATED PRESS

LONDON TRANSIT NEWS

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TD Bank economist questions Carney's 'dead money' claim

When Bank of Canada governor Mark Carney called $526 billion in corporate cash "dead money," he was overstating the facts, a chief economist of a major Canadian bank says.

Businesses have been a major contributor to the economic recovery from the recession, TD Bank chief economist Craig Alexander wrote in a note to clients Wednesday.

Companies have created 80 per cent of the 721,700 new jobs since mid-2009, while business investment in machinery and equipment is just 2.3 per cent below its pre-recession peak.

"It is true that firms have increased their holdings of cash, but calling all of it dead money is overstated," TD Bank chief economist Craig Alexander wrote in a note to clients Wednesday.

Having said that, Alexander also agreed that Canadian companies need to do more to boost the country's competitiveness.

"At the economy-wide level, businesses under-invested prior to the recession and they cannot let the prevailing risks paralyze them from investing in the coming quarters."

TORSTAR NEWS SERVICES

Market Minute

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BACK-TO-SCHOOL WITH BOOZE AND BREATHALYZERS

HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

I find back-to-school easier than most.

Some people might say that's because I'm not going to school and I have no children, but "phooey on them," as the kids say.

I prefer to think my distance from the chaos provides me with perspective, the same way any given person yelling at the TV could do a better job with the Blue Jays than the paid personnel up close who can only focus on one torn ligament at a time.

For instance, a back-to-school detail I've noticed that's eluded some in the mall-strom is how most shopping lists this time of year focus solely on the student.

But what about the parents' needs?

There are already dozens of columns out there about what kids must have, so here's a look at what moms and dads should buy for a seamless return to 10 months of the ABCs (Angst, Bullying and Confusion).

Grade school:

You need:

- A pre-recording of Carson Daly interviewing Dr. Sanjay Gupta, in case they won't go to bed. Tell them this is what all late-night TV is like.
- The Busdrivalyzer, for overprotective parents — allows you to make sure that the driver on the bus blows clean, clean, clean.
- A pre-written "You're going to have the time of your life!" speech for when you get the urge to tell your children that school is 12 years of emotional and physical violence and run, kid, run break the connected mitten strings and run!

Middle school:

You need:

- A sideways ball cap and a compact disc with an explicit lyrics sticker on it, to let your kids know that you're with it. If you work out a little rap like, "It might seem cool/But a bully is a straight-up fool," your child will remember it forever.
- A kitchen switch that allows you to turn the shower to 'icy cold' after 15 minutes or when the steam sets off the fire alarm, whichever comes first.
- A pre-written, vaguely worded "birds and bees" speech for when you get the urge to say, look kid, the idea of explaining sex to you is just as gross and disturbing to me as it is to you, so ask that Emily girl you like or something.

High school:

- If you would like your child to answer with more than "nothing" when you ask about school, then you'll need, at minimum, the rack. If you want more than "It was fine and they didn't give any homework," an iron maiden.
- An ejection seat that allows you to let your child out in front of their school while driving 100 km/h, thus avoiding embarrassment for the student.
- A pre-written, "You can be whatever you set your mind to!" speech for when you get the urge to say, "You can do whatever you set your mind to provided it fits your socio-economic status, gender, race, last name, the public's perception of you, and then you get incredibly lucky!"

All ages:

- Booze. But you knew that.

It's back-to-school time, which means an expert, i.e. a Metro columnist, has the best advice. You might want to take notes. ISTOCK

La Tomatina makes a gushy scene

ALBERTO SAIZ/THE ASSOCIATED PRESS

Running red

Spanish city turns to tomato warfare

Revellers kiss each other during the annual Tomatina tomato fight in the village of Bunol, Spain, Wednesday.

At this time of year, the town hosts one of the largest food fights in the world, with 40,000 people gathering to throw more than 100 tonnes of tomatoes at each other. The tradition has stood since 1945 and is embraced by locals and tourists. METRO

What did this stem from?

"We don't have much space, but there is no other way."

Coun. Rafael Perez, festival spokesman, acknowledges the chaotic nature of La Tomatina. However, the prestige and tourism the town gains from the events should secure its future.

Make your own Tomatina

- **Swimming costume and goggles.** You will be grateful for the goggles when you get hit in the face, and a snorkel makes breathing easier.
- **Get it started.** Organizer has the honour of hurling the first load of fruit at assembled friends.
- **Play fair.** Squash the tomato in your hand before throwing as it can cause serious damage otherwise.

Hothouse

120

The total weight in tonnes of the tomatoes used at La Tomatina festival. Despite the recession, and criticism of wasted food, the volume was not reduced this year.

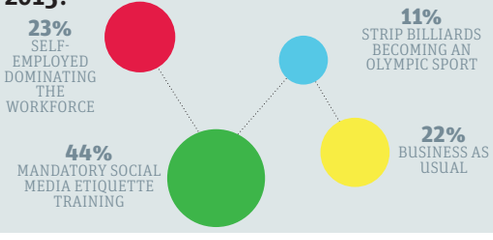
On the web

Go to metronews.ca to watch scenes from the event.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What does the future hold for the class of 2013?



Twitter

@AlexnotAlecs: Saw 3 different people driving and reading books today on the 401. Can't they just text and drive like everyone else? #showoffs #ldnont

@krasstine: Two thousand free coffees at this workshop so I can get freaked out enough to run home for some exercise and panic clean the apt

@thegrandlondon: Happy Wednesday! Our High School Project students are getting ready for a lunchtime preview performance at London Life. Should be fun!

@katexolawson: Someone in #ldnont should take me to the Church Keys on richmond ..... #faveplace #foreversingle

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SCENE 2

Art unusual: Sweet Magic takes experimental approach

Innovation. Month-long art, music and film festival wraps up this weekend

BACKSTAGE PASS
Amanda Grant
london@metronews.ca

Sweet Magic events this month included short film projections at the Root Cellar. Peter Lebel, right, organized the month-long London festival. COURTESY ERIN CRAIG

Sweet Magic may be the best festival in London that you've never heard of.

"I've taken a slightly extemporaneous approach to organizing this month," says Peter Lebel, the man behind Sweet Magic London.

"Some may not have heard about some events until after they were over."

Still, Lebel assures me, "Accessibility is desired."

Since Aug. 1, Lebel has been putting on concerts in venues throughout the city, curating pop-up art shows and film projections.

Each event is unique, exploring experimental art, music and film in unusual spaces.

The Nihilist Spasm Band, first formed in 1965 as a noise band brought together to record a soundtrack for London artist Greg Curnoe's film No Movie performed Wednesday as part of Sweet Magic London.

The band's performance was at El Sistema Studio & Gardens at The Aeolian Hall, the former site for the Forest City Gallery.

Earlier in the month, Sweet Magic hosted Executive Sweets, a spontaneous art exhibition at the London Executive Suites Hotel on Dundas Street.

The festival rented a room, and transformed the space into a gallery, hanging paintings, photographs, textiles, and drawings by local artists like James Kirkpatrick, Peter Thompson and Rob Nelson.

"I simply enjoy the experimental approach to things," says Lebel.

"It allows for innovation and new ideas that could be useful and have an impact on Canadian culture. It was in London, Ontario, that many things happened for the first time in the music, art, and film world."

On Friday, a final projection piece will be installed by Wyn Geleynse in the vacant lot where famed venue, The Embassy, used to be.

Earlier in the month Lebel teamed up with Kelly Jazvac installing a piece of their own at the same site. The banner, attached to the chain link fence surrounding the lot at Dundas Street, near Lyle Street, is still on display.

Stop by to view both on Friday before attending Sweet Magic London's final event of the month-long festival.

The closing party includes a performance by Toronto experimental artist Brian Ruryk hosted at the No Shoes/ Bedroom Eyes Gallery, in Lebel's own apartment, at 755 Dundas St. behind the East Village Arts Co-Op.

The event costs $5, or pay what you can at the door. For more information visit sweetmagiclondon.com.

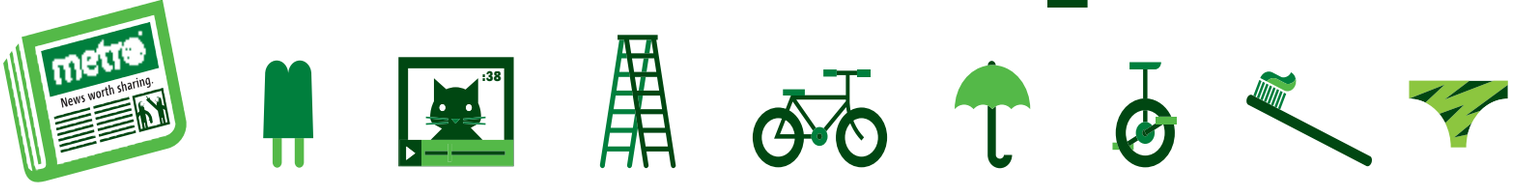
Around town

- **Music.** Friday night Grey Kingdom performs with Olenka and the Autumn Lovers at the Sugar Shack. Tickets are $5 available at Grooves Records and Hot Dog Musique and Cinema. Music starts at 9 p.m.
- **Film.** Thursday is the last day of Quentin Tarantino Fest at the Palace Theatre. Get your fill of fake blood and comic book cinematography at the Dundas Street theatre, open all day.

On the web

Venice Film Festival cuts number of entries, adds movie market, courts acclaimed auteurs.

Sharability



easy — hard

A love-starved football free agent tests the dating market on The Bachelor of Canada

Looking to score. A diverse group of single women hope to catch the eye of a former CFL commissioner's son in reality television series

A pastor, a Playboy model and a real estate agent nicknamed Bubba are among the single women who will vie for the attention of CFL wide receiver Brad Smith on The Bachelor Canada.

Citytv has so far announced five of 25 contestants for the upcoming reality show.

Rounding out the diverse list is an office administrator and a university recruitment agent. The bachelorettes announced so far hail from New Brunswick, Alberta, British Columbia and Ontario.

The nine-episode reality series is set to begin Oct. 3.

Hosted by Tyler Harcott, the show will take place in a Victoria mansion.

Smith has played for the Montreal Alouettes, Toronto Argonauts and the Edmonton Eskimos.

His father, Sen. Larry Smith, is a former CFL commissioner and former president and CEO of the Alouettes.

THE CANADIAN PRESS

The Dating Game

Wide receiver Brad Smith's transient pro sports lifestyle has made it difficult for him to find Mrs. Right but now he says he's is ready to settle down with the woman of his dreams.

Contestant Chantelle, 25, is a pastor from Sylvan Lake, Alta.

ALL PHOTOS COURTESY OF CITY TV

Contestant Clarice, 25, is an office administrator from Toronto.

Contestant Melissa Marie, 28, a Playboy model from North Vancouver.

Rebecca, 27, a real estate agent from Toronto.

Sophie, 26, a university recruitment agent from Moncton.

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Masonville Place
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
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Pen Centre
Pickering Town Centre
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
The Promenade
Toronto Eaton Centre
Union Station
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

Robert Pattinson ALL PHOTOS GETTY IMAGES

Home, sad home for Robert Pattinson

Robert Pattinson is reportedly selling the Los Angeles mansion he shared with Kristen Stewart, according to Us Weekly. The Twilight star is looking to unload the property because "he said there are too many memories," a source says. But while he may be dropping the property, Pattinson isn't necessarily through with Stewart. "Rob doesn't hate her and he's not mad," the source says. "He just doesn't get why she did it. He loves her and thinks about her constantly."

Quoted

"He just doesn't get why she did it. He loves her and thinks about her constantly."

Source commenting on Robert Pattinson still thinking about Kristen Stewart

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan gets the boot from Chateau Marmont

THE WORD
Monica Weymouth
scene@metronews.ca

Lindsay Lohan almost had a good day yesterday. After it looked like she was all but headed back to jail for swiping $100,000 worth of jewelry at a house party, the L.A. County District Attorney decided not to prosecute her. Unfortunately, the Chateau Marmont — the swanky hotel she's called home since May — decided to kick her out.

In an eviction notice obtained by TMZ, general manager Philip Pavel takes issue with the $46,350 bill the actress has managed to rack up. "As we have made repeated attempts to resolve this pressing matter over the last few weeks without any resolution, I regret to inform you that we will no longer be able to extend any further credit for you to remain in the hotel," he writes.

Pavel goes on to add a little comedic flair: "I have adjusted off the daily $75 charge for computer rental for use of the hotel's laptop as a gesture of good faith, with the understanding that you will return the computer."

Also included with the letter is an itemized invoice of the charges, including $686 for cigarettes (to be fair, they were charging her $14 a pack) and $100 for a "Chateau Candle" — which we certainly hope is code for something much more exciting than a candle.

Twitter

@Joan_Rivers
The Ukraine says SpongeBob SquarePants is gay, and wants him banned. I bet they also think Peppermint Patty just hasn't met the right guy.

@rihanna
It's 430 am and I'm up like an idiot! Can't sleep! Whyyyyyyy????!!!

@SteveMartinToGo
Going to sue Samsung for taking my idea of a talking thing the size of a pack of playing cards I had when I was eleven. Updates coming.

@taylorswift13
Was watching MTV last night and the commercial for the VMAs that I'm in came on and I was all "!!!!!!!!!!!!!!!!!!"

Katie Holmes

Surprise, surprise Suri's a trust-fund kid

While Katie Holmes will reportedly be getting $4.8 million in child support payments until Suri Cruise turns 18, the little girl herself stands to fare much better from her parents' divorce, according to Radar Online, as Holmes reportedly insisted that Tom Cruise set up a trust fund for Suri as part of the settlement. "Katie wanted the trust fund put in place for Suri so that their daughter will be able to tap into after she turns 18," a source says. "Katie has absolutely no access to the money and didn't want to. ... But Suri won't be able to legally claim it until she is in her 30s."

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Find your wild side

Don't be outfoxed. All creatures great and small made their way down the autumn runways. Here's what we tracked down in the undergrowth.

RICHARD PECKETT
life@metronews.ca

If you go down to the shops today, you're in for a big surprise. No, not a teddy bears' picnic but a menagerie of critter-inspired clothing. Perhaps the catty industry wanted to show that it's got a cuddly side, or maybe designers were hoping to cash-in on the cutesy AWW factor. But whatever the reason, it's time to snare some of this season's game.

Off her perch! A model works the owl look at Anna Sui.

It's behind you: Mulberry's monster causes quite the fright! / TIM WALKER/MULBERRY AW'12

Wise move: Kate Bosworth sporting a Burberry Prorsum sweater.

Go fashionably feral

Aubin & Wills
Portland fox-intarsia sweater
$215
net-a-porter.com

ASOS
Skater dress in owl print, $68, asos.com

Tatty Devine
Fox necklace, $41
tattydevine.com

Charlotte Olympia
Kitty flat
$700
harrods.com

McQ Alexander
McQueen wolf print dress
$701
my-wardrobe.com

Dominique Lucas
Owl ring
$631
luisavia roma.com

Topshop
Cat ring
$20, topshop.com

3 LIFE

On the Web

Target lands bull's-eye on Montreal Fashion Week with new partnership

The very best fall/winter trends at New York International Gift Fair

Design centre. These home and gift products will soon be on the store shelves for your purchasing pleasure

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Twice each year the Javits Center in New York City is packed with the latest and greatest in lamps, rugs, salad bowls and more as the New York International Gift Fair displays housewares to thousands of retail store buyers.

I took a peek around this trade-only event and checked out the latest buys being offered up to retailers for the fall/winter season.

Here's three of the biggest trends.

Seventies Marrakech

The geometrics of the 1970's took a sophisticated turn this season by incorporating richer trend colours that resembled patterns often found in Moroccan textiles, rugs and ceramics. Zig-zag, fish scales and tile work were three hot looks, and famed designer Jonathan Adler nailed all three looks with his Carnaby collection of lamps, trays and mugs. Carnaby Large Flame, Scale and Taletha lamps, $340 each. micasatoronto.com.

Feeling blue

One of the old-time decorator classics has been given resurgence in the contemporary world and many hip exhibitors were showing products that resembled blue-and-white porcelain. This colour combination looks great with neutrals and can hold its own against strong bursts of colour. Seletti's Sextuple playfully extends the porcelain plate into useful wall art or a tray. $1,200. mintinteriors.ca.

Linen with sparkle

Natural linen was everywhere at the show; on furniture upholstery, pillows, bedding and tabletop linens. Threads of metallic, shiny trims and adornments helped to decorate this rather plain, humble fabric. The most outstanding use of linen were companies like Ann Gish (maker of high-end luxurious bedding) who incorporated a hand-painted look of shimmer or sparkle into the linen. 'Gorgeous' bedding by Ann Gish, from $400 to 1,800. anngish.com.

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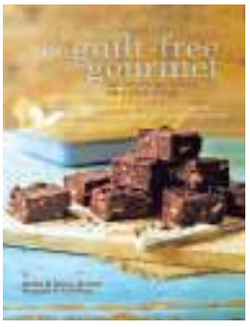
Junk food, without the junk

Diet. Nutritional therapist Jessica Bourke, author of The Guilt-Free Gourmet, says there's no need to sacrifice taste for health

ROMINA MCGUINNESS
Metro World News



"When it comes to food, it's either eating something that's healthy but without taste, or delicious and bad for us," nutritional therapist Jessica Bourke, author of the cookbook Guilt Free Gourmet, tells Metro, calling that a myth. "We need food to stay alive, but we also need to enjoy it."

She suggests avoiding dairy, sugar and wheat, and has devised recipes to eat well without them.

Dairy

Why you should cut it out

1 It's high in fat, which can cause weight gain.

2 That it's the best source of calcium is a myth. A green smoothie contains just as much calcium as a glass of milk.

3 Cow's milk contains the protein casein, needed to build the big bones of baby calves, not humans. Our body doesn't know what to do with the excess. It also prohibits the absorption of key nutrients including iron and vitamin B12.

Top alternative: Soy. Great for our gut. For women, it's good for their hormones. Go for miso soup, tempeh or tofu.

Sugar

Why you should cut it out

1 It encourages bad bacteria to grow in the gut, which can cause IBS (irritable bowel syndrome). In time, this can exteriorize itself on our skin and lead to conditions such as acne and eczema.

2 It causes chronic fatigue. Processed sugar has a damping down effect on the immune system. Two hours after ingestion, immune cell capacity is reduced by 50 per cent.

3 Processed sugar triggers a blood sugar imbalance that will eventually make you prone to weight gain and hormone problems.

Top alternative: Xylitol. It may sound chemical, but this natural sweetener is derived from the bark of a tree.

Wheat

Why you should cut it out

1 White bread contains calcium carbonate. In other words, chalk.

2 Gluten, a protein found in wheat, can attack and damage the gut cells. This can lead to a condition known as leaky gut syndrome whereby the intestinal lining becomes inflamed.

3 If our immune cells confuse gluten with a pathogen (an agent of disease) the body will attack itself.

Top alternative: Quinoa. Technically a seed, quinoa actually looks and tastes like a grain. Naturally gluten free, it doesn't cause bloating and contains essential amino acids. A bowl will curb your appetite for a while.

Recipe. Gluten, sugar and dairy free Polenta Pizza

Ingredients

Serves 6
Cooking time: 1 hr 30 min (approx)

- 2 teaspoons of bouillon stock powder
- 200 g polenta
- Grated zest and juice of 1 lemon
- 6 garlic cloves, crushed sea salt and ground black pepper
- 1 tablespoon fresh thyme leaves
- 1 head of Swiss chard
- Extra virgin olive oil
- 200 g girolle mushrooms
- 1 tablespoon freshly chopped parsley
- 1 egg
- Bunch of fresh marjoram

1 Bring 1 litre of water to the boil and add the bouillon powder. Reduce the heat and slowly pour in the polenta whisking all the time until blended. Reduce the heat to its lowest setting add half the lemon zest and juice, 4 of the crushed garlic cloves, the thyme and a good pinch of salt and pepper and gently cook, stirring occasionally for about 45 minutes or until the polenta pulls away from the side of the pan and is very thick.

2 Meanwhile, bring another pan of water to the boil. Add 1 teaspoon of salt and boil the chard for about 3-4 minutes until the thick part is just tender. Remove, drain and season with some salt and oil (don't forget to stir the polenta). Heat two tablespoons of oil in another pan over high heat. Fry the mushrooms for about two minutes. Add 1 of the crushed garlic cloves and stir for 30 seconds to release the garlic flavour. Transfer to a bowl, toss with the parsley and season with salt, the remaining lemon zest and juice and some olive oil. When the polenta is ready, transfer to baking sheet and spread out to a thickness of about 2 cm. Cool for 30 min.

3 Preheat the grill. Scatter mushrooms and chard on polenta. Crack an egg in the middle and grill until egg is cooked. Pull leaves off the marjoram stalks and chop finely. Mix with the last crushed garlic clove and mix with oil to form a loose marjoram oil. Remove the polenta from the grill, and drizzle with the oil.

Muffins. Sugar-free apple, raisin and cinnamon muffins

1 Preheat the oven to 180 degrees C. Grease the muffin pan. Put the chopped cooking apple in a small saucepan with 3 tablespoons of water, bring to the boil then simmer until completely soft. Mash and set aside to cool.

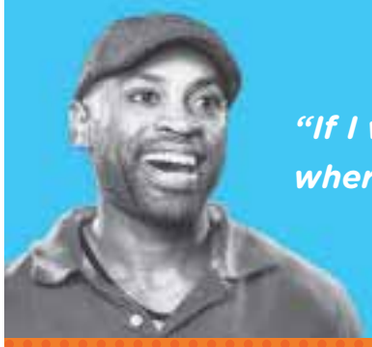
2 In a large bowl, stir together the spelt flour, oats, raisins, baking powder, baking soda, cinnamon, mixed spice, nutmeg and salt.

3 Add the eggs, yogurt, mashed cooking apple, maple syrup, and chopped eating apple. Combine together. Spoon the mixture into the muffin pan and bake in a preheated oven for about 30 minutes. A skewer should come out pretty clean but a tiny bit of muffin mixture on the skewer is OK as it will leave you with a nice moist middle.

Ingredients

Makes 6
Cooking time: 1 hr 30 min

- 1 cooking apple, peel cored and diced
- 150 g (plus two tablespoons) spelt flour
- 150 g rolled oats
- 100 g raisins
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 3 teaspoons ground cinnamon
- 1 teaspoon mixed spice
- ¼ teaspoon grated nutmeg
- One pinch of sea salt
- 2 eggs lightly beaten
- 125 ml soy yogurt
- 220 ml pure maple syrup
- 1 eating apple peeled, cored and diced



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Wireless & paperless

metro
BACK TO SCHOOL
Thursday, August 30, 2012

Computers and tablets. Top selections to stay on top of your studies this school year

MIKE YAWNEY
For Metro

Computers and tablets are quickly replacing pens and paper in the classroom. In fact, some schools are now making them a requirement. Here are some of the best picks for your student heading back to class.

Samsung Series 9 Ultrabook — $1,499
Samsung's Series 9 ultrabook is designed to impress. This new breed of laptop sports a beautiful sandblasted aluminum finish and is only 0.6 inches thick. You will never miss taking notes at the start of a lecture again as it holds the record for the fastest start-up time of any laptop at just 8.4 seconds.

MacBook Air — $1,029 and up
Backpacks are heavy enough without weighing them down with a hefty laptop. Apple's MacBook Air lives up to its name as it weighs only 2.38 pounds. Next-generation Flash storage means there are no moving parts so your laptop remains quiet while in class. The MacBook Air also features aThunderbolt port along with two USB 3 ports to ensure ultra-fast data transfers.

Nexus 7 Tablet — $209 and up
When it comes to tablets, cheaper isn't always better, but somehow Google has managed to create a high-performance device that's easy on the wallet. This tablet, co-developed with Asus, features a Tegra 3 quad-core processor that results in incredible performance. The Nexus 7 has a seven-inch screen so you can easily hold it with one hand. You will also have tens of thousands of apps to choose from through Google Play.

Asus Transformer Pad — $369
Designed for those who aren't completely sold on the idea of a touchscreen tablet. This HD tablet can be snapped into an optional keyboard dock, turning it into a laptop. The top-notch quad-core processor ensures quality performance while providing a stellar 15-hour battery.

Apple iPad — $519 and up
You can't deny the clarity of the new iPad's Retina display. With one million more pixels than your HDTV, text is crisp, clean, and easy to read, just as if you were reading a paperback book. With more and more educational institutes making courses available through iTunes U, the iPad is an easy choice for students looking for a premium tablet.

HP Omni 27 — $1,299
All-in-one computers are quickly becoming the popular choice since they take up less space than traditional tower style computers. The HP Omni features a whopping 27-inch screen that can be wall mounted to give you more space on your desk. The wireless keyboard and mouse keep your work area nice and tidy. This computer also features Beats audio stereo speakers plus HDMI port and an optional TV tuner so you can use it for both homework and entertainment.

Apple iPad — $519 and up.

Asus Transformer Pad — $369.

Clockwise, from left, MacBook Air — $1,029 and up, Nexus 7 Tablet — $209 and up, Samsung Series 9 Ultrabook — $1,499, and HP Omni 27 — $1,299.

Healthy stomach leads to healthy mind

Fresh lunch ideas means your child will probably eat what you give them, rather than throwing it away or trading it with other students. HEMERA/THINKSTOCK

ASTRID VAN DEN BROEK
For Metro

What to pack for lunches this school year? If your child keeps coming home with containers full of sandwiches, maybe it's time to switch things up.

Lianne Phillipson-Webb, a registered nutritionist and founder of Toronto-based SproutRight, shares her fresh lunch ideas.

Think Outside The Sandwich
"Even if it's a wrap or filling a pita, you want to have balance in what you pack between carbs and protein so your child has energy during the day," says Phillipson-Webb. "So you could fill with tuna, egg or meat. To keep it from going soggy, if you thinly spread butter or mayonnaise it acts as a barrier."

Play With Your Fillings
Combine two sure-fire kid-friendly foods such as grated cheese and grapes. Or Tahini (sesame seed butter — check with your school first to see if it's allowed) and a banana inside the wrap.

Try A Different Wrap
Steal a page from fresh spring rolls and try rice paper wraps.

"You just have to make the paper wet and fill it with vegetables, tofu, avocado, mango, pineapple, noodles — whatever you like," she says.

Or Try A Brand New Filling
Such as pressed cottage cheese. "It has more protein than a cream cheese and if you want to sweeten it up, you could spread a fruit jam on it," she says. Look for it in the dairy cooler in the supermarket.

No need to throw out that lunch bag anymore

Forget the brown paper bag. Today's bags focus on being reusable and washable. Here's what's hot in lunch bags.

Matchy-matchy: Many retailers are pairing lunch bags with backpacks, both featuring the same design.

Bright and colourful: Hot colours in lunch bags include hot pinks, oranges, yellows and blues for girls and bright reds and blues for boys.

Going old school: Not all lunch bags are of the zip-top, insulated interior kind. Metal flip-top lunch boxes featuring superheroes such as Superman and Batman are also popular.

Grown-up lunch boxes: "For the more mature students we have Elle lunch bags that come in a wide variety of colours and sizes and they look almost like a small carrying bag," says Steve Grebenc, a general manager for a west-end Toronto-based Staples Canada. "Some of them come with utensils as well. And for patterns, stripes are popular and prints such as circles and squares on them."

Lunch bags, $9.97 each, available at Walmart, walmart.ca.

Bold patterns and prints are right fit

Young fashion. Three clothing trends for kids 12 and younger to wear back to school

STEPHANIE ORFORD
For Metro

Left, jacket, $34.95; right, sweater, $17.95, skirt, $19.95,and beret, $14.95, all available at H&M, hm.com/ca/. H&M PHOTO

Left, cardigan, $24.95, shirt, $12.95, trousers, $24.95; middle, cardigan, $24.95, trousers, $17.95, cap, $7.95; right, polo shirt, $12.95, denim trousers $19.95, all available at H&M, hm.com/ca/. H&M PHOTO

Alongside that new box of felt pens and crisp new stationery, new clothing in bold patterns and prints will inspire kids 12 and younger to start the school year, according to Karen Richter, showroom manager for H&M Canada.

H&M's line for kids is an adaptation of what the Swedish clothing giant is doing for adult clothing this fall, she explained.

"There is a tendency for many adult fashion trends to trickle down into the kid's collection," she said.

"There are often many mini-me pieces in our kids collection."

At the same time, H&M's kids' offerings alter the adult fashion trends by amping up the colours and patterns and incorporating fun textures like corduroy, velvet and faux fur.

Here are three trends H&M is doing this fall for the younger-than-12 set.

Anglomania

The Anglomania trend is clean and sharp, giving off a put-together feel with a hint of English eccentricity.

For girls, this means mixing and matching checks, florals and stripes. Knits are also essential. Cable and Fair Isle-patterned knits add colour and texture, and look best in British tomboy style — worn with a roomy fit.

Boys' clothing encourages similar mixing and matching with bold argyle pieces, checks, block stripes and prints such as dots or skulls.

Mixing prints and pairing unexpected colours is key.

Preppy Style

Prep is clean and classic. It never really goes out of style and provides neutrals to pair with bolder pieces. This fall's staples include blazers, chinos and collared shirts. Stripes and vintage-style prints lend a nautical feel to both boys' and girls' pieces.

The Wilderness

This is a more casual, on-trend look. Girls' clothing takes inspiration from the Wild West, folklore and Santa Fe, incorporating colourful, geometric prints that reference traditional Native American blankets. Include heavy knits for a rustic edge, and bold colours to modernize the look.

Boys' clothing takes the trend in a slightly different direction, using sporty details to give a feeling of outdoor adventure. As with the girls' version of this trend, colours of nature are mixed with bold, artificial brights.

As the mercury falls, a good coat and other cover-ups will become essential. Wrap up and stay warm in lots of easy layers of wool, corduroy and fleece.

"It's important to parents that kids' clothes are affordable, functional, comfortable, and easy to co-ordinate, but still fun and fashionable to keep children happy," Richter explained.

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LOCAL 110

SPORTS 4

Yunel Escobar, right, slides in safe after Robinson Cano, on the ground, fails to make a play at Yankee Stadium, Wednesday. JEFF ZELEVANSKY/GETTY IMAGES

Refreshed Escobar powers Jays to win

MLB. Shortstop has been hitting well since birth of child. By beating Yankees, Toronto gets first series win since July

Wednesday's game

Blue Jays	Yankees
8	5

Yunel Escobar got a much-needed break last week when he took three days off for the birth of his child.

It's made all the difference.

Escobar hit a two-run homer, three doubles and drove in five runs as Toronto beat the New York Yankees 8-5 Wednesday, ending CC Sabathia's five years of dominance over the Blue Jays.

The light-hitting shortstop went 15 games without getting more than a single before he went on the paternity list. In the four games back he has six for extra bases.

"At the time of the birth he was a little frustrated with how he was performing but that three-day break allowed him to relax and come back with a more positive mindset," injured slugger Jose Bautista said, translating for Escobar.

Escobar had a go-ahead RBI double in the third. His homer against Sabathia in the sixth gave the Blue Jays the lead again and his two-run double off Joba Chamberlain in the ninth helped secure Toronto's first series win since July 27-29. The five RBIs matched a career high for Escobar.

J.A. Happ (3-1) overcame a season-high five walks, including an intentional pass of Derek Jeter to load the bases with one out in the fourth inning, for the Blue Jays' second win in 10 games.

"He feels like anything positive that happens to the club is going to be welcome right now," Escobar said. "He feels like winning a series on the road against a club like the Yankees that's definitely a positive and he hopes it can help bring up team morale a little bit."

THE ASSOCIATED PRESS

Yankees slipping

- The Yankees' inability to win consecutive games for the first time since sweeping Texas three in a row Aug. 13-15 has hurt them in the standings.
- Baltimore had a chance to pull within 2 1/2 games of New York with a win on Wednesday.
- June 24 was the last time anyone was that close.

NHL

NHLPA to make counter-offer by end of the week

There is no new deal on the horizon in the NHL's collective bargaining talks.

One day after receiving a proposal from the league that commissioner Gary Bettman labelled "meaningful" and "significant," the NHL Players' Association made it clear Wednesday that it didn't share that view

The union concluded the proposal wouldn't actually see current contracts paid out in full.

The union plans to deliver a counter-proposal by the end of the week, perhaps as soon as Thursday.

With a Sept. 15 deadline for a lockout creeping closer, the calculation of hockey-related revenue has emerged as a sticking point. THE CANADIAN PRESS

Cycling

Armstrong refers to self as 7-time Tour champ

Lance Armstrong introduced himself as a seven-time Tour de France champion at a cancer conference in Montreal on Wednesday.

"My name is Lance Armstrong. I am a cancer survivor," he said to open his speech to the World Cancer Congress. "I'm a father of five. And yes, I won the Tour de France seven times."

Armstrong announced last week he would no longer challenge the U.S. Anti-Doping Agency's drug charges against him. USADA threw out his competitive victories dating to 1998, which would include all seven Tour wins.

THE ASSOCIATED PRESS

Mobile sports

Usain Bolt already has his eyes set on the 2016 Olympics, but the Jamaican sprinting star has some time to fill in the next four years. Bolt says his focus will be lowering his world-record times in the 100- and 200-metres and possibly adding long jump to his repertoire. Scan the code for the story.

Clijsters bids farewell after loss at U.S. Open

Kim Clijsters, left, congratulates Laura Robson after their singles match at the U.S. Open, Wednesday, in New York. CAMERON SPENCER/GETTY IMAGES

Kim Clijsters' singles career ended where she wanted it to, just not the way she hoped.

The four-time Grand Slam champion lost 7-6 (4), 7-6 (5) to 18-year-old Laura Robson of Britain in the second round of the U.S. Open on Wednesday, and will head into retirement after she finishes playing in doubles at Flushing Meadows.

Clijsters walked away from the sport once before, returning after a 2 1/2-year hiatus in 2009. But now 29 and a mother, the Belgian insisted this season that she means it this time, and decided the U.S. Open — and its hard courts that she conquered on the way to three championships — would be her final tournament.

"It's the place that has inspired me so much to do well and to do great things. It's hard to explain sometimes why," Clijsters said in an on-court interview, her face flushed and her eyes welling with tears.

"This completely feels like the perfect place to retire," Clijsters told the spectators at Arthur Ashe Stadium, many of whom rose to shower her with a standing ovation. "I just wish it wasn't today."

The loss Wednesday ended Clijsters' 22-match winning streak in New York, encompassing titles in 2005, 2009 and 2010, plus Monday's first-round victory.

She missed the hard-court major in 2004, 2006-08 and last year, thanks to a combination of injuries and the time she took off while starting a family.

THE ASSOCIATED PRESS

Wozniak ousted

Quebec's Aleksandra Wozniak lost 6-3, 4-6, 6-2 to No. 15 seed Lucie Safarova of the Czech Republic.

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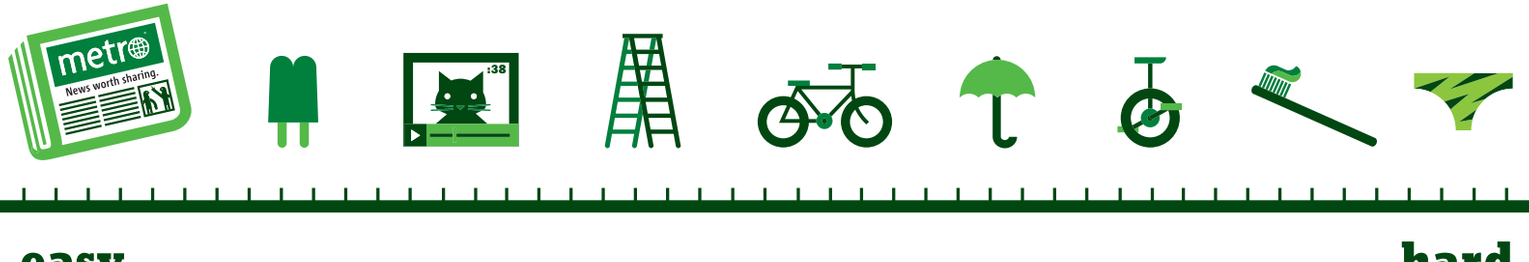


Horoscopes

♈ Aries
March 21 - April 20
If you cannot seem to make up your mind about an issue that should be cut and dried by now just choose a path and follow it to whatever destination it leads. Ultimately all roads lead to where you need to go.

♉ Taurus
April 21 - May 21
If something that has been going smoothly comes to an unexpected stop today there is no need to panic. All that is happening is that you are being given a chance to reconsider your options. Make the most of it.

♊ Gemini
May 22 - June 21
You might be tempted to overlook someone's faults and failings today but only do so if it does not leave you at a disadvantage. It's good to be generous but some people just cannot be trusted. Wise up.

♋ Cancer
June 22 - July 23
Something you were enthusiastic about just a few days ago no longer seems like such a good idea, but don't walk away from it yet because the planets indicate it still has meaning and value. Give it more time.

♌ Leo
July 24 - Aug. 23
You may decide to let someone off the hook, even though they don't deserve it. The simple fact is you don't have time to chase or chastise them. Hopefully they won't be so stupid as to test your patience again.

♍ Virgo
Aug. 24 - Sept. 23
Something you are expected to do may not make a lot of sense but do it anyway and then forget it. If the powers that be say it's got to be done then trust them to know what they are talking about.

♎ Libra
Sept. 24 - Oct. 23
You have been a bit free and easy with your cash of late (no change there then!) and will have to make some cutbacks today. You don't have to starve yourself but five star dining is out, for now.

♏ Scorpio
Oct. 24 - Nov. 22
A project you have been working on for some time is moving ahead at a snail's pace and you may be tempted to junk it. Don't! Today's Sun-Pluto link suggests you are about to enter a more dynamic phase.

♐ Sagittarius
Nov. 23 - Dec. 21
Ignore the critics and cynics and strike out in a new direction. One quality you have never lacked is courage, so be brave and be the kind of Sag who tries something new and exciting each and every day.

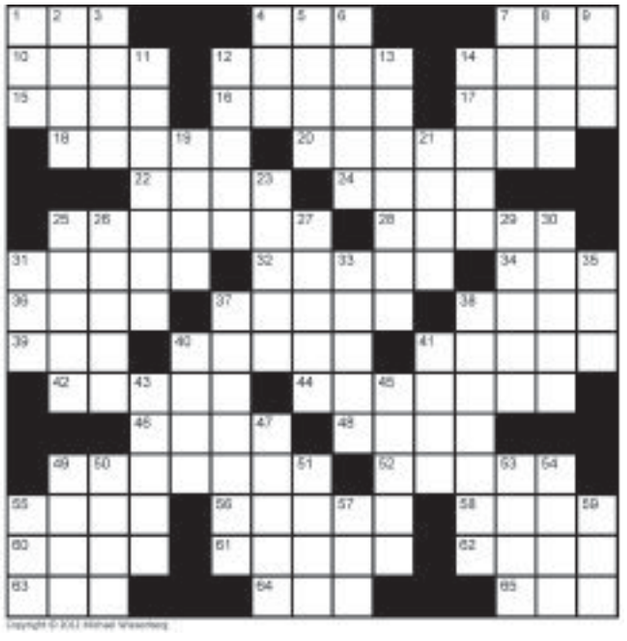
♑ Capricorn
Dec. 22 - Jan. 20
Once you understand a problem it ceases to be a problem. Knowledge removes all fears. Well, that's the theory anyway and you will get the chance to put it to the test today. Ask yourself: what can I learn?

♒ Aquarius
Jan. 21 - Feb. 19
Recent upheavals were no doubt shocking but as you are the sort of person who thrives on change you had fun as well. Not everyone was so fortunate though, so you may need to help with some counselling today.

♓ Pisces
Feb. 20 - March 20
Your luck is changing for the better, though that may not yet be obvious. Today's Sun-Pluto link will catapult you into the limelight and demand that you take a leadership role. Don't be scared. **SALLY BROMPTON**

Crossword: Province, City, Land, Water

BY MICHAEL WIESENBERG



Across
1. Attractive leg, slangily
4. Cab alternative
7. Parliamentarians
10. Amor's Greek counterpart
12. Madras master
14. Short note
15. Princess of Star Wars
16. Angry bull's sound
17. "The ___-bitsy spider ..."
18. Province whose name means "swift flowing" in the Cree language
21. Endlessly worry
22. "Forget about it!" (from a casino term) (2 wds.)
25. Moves through mud
29. "___ Your Name": Mamas & Papas song (2 wds.)
31. Big letters for Internet stock companies
34. Buffy ___ (2 wds.)
37. Small iPod
39. Air conditioner coolant
40. Goes bad
41. They're in BC's Strait of Georgia (2 wds.)
44. ___ Miserables
45. Far above the ground
46. One Flew Over the Cuckoo's Nest novelist Ken
48. "He ___ the bank, three credit cards, four department stores": has much outstanding debt (2 wds.)
51. CFL whistle blowers
54. City in the Golden Horseshoe region of southern Ontario (2 wds.)
59. After-bath powder
62. Before surgery, in formally
63. Bring in a harvest
64. "... there ___ square": it's the happening thing (2 wds.)
65. Weird
66. Computer menu selection
67. Parts of mos.
68. "Help!"
69. Repair tears

Down
1. Becomes semisolid
2. Fields of learning
3. Damp
4. BMO, for one: Fr.
5. "Here comes trouble!" (2 wds.)
6. Ambulance alert
7. Encountered
8. Parliament heads
9. Asian sauce type
11. "For goodness' ___!"
12. Air France fleet component, once: initialism
13. Vitamin ___: riboflavin (2 wds.)
14. Subcompact
19. Belt-hole makers
20. Take ___ view of: be pessimistic about (2 wds.)
23. Christmas song
24. Crème de la crème
26. Blockheads
27. Damsel
28. Behave furtively
30. Not more
31. Actress Swenson of Benson (anagram of GAIN)
32. São ___: Brazil's largest city
33. At the minimum setting (2 wds.)
35. Vocal sound
36. Finishes
38. Side with the football
42. Odd-sounding but grammatically correct answer to "Who's there?" (2 wds.)
43. Vassal
47. 2012 and 2013
49. Record, in a way
50. Shrek and Fiona, for two
52. Bloodsucking parasites
53. NWT's Great ___ Lake
55. Nestle candy bar from Britain
56. Kings: Fr.
57. Friend of Tarzan
58. Gush
59. CAA service
60. 40 days and 40 nights
61. 16-oz. units

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

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How to play
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	1			6			8	
			3		5		9	
				1			2	5
1					9	8	3	
	3		7		1		6	
	8	7	2					1
8	7			4				
	4		1		6			
	5			2			4	

Yesterday's Sudoku

8	9	7	5	3	6	1	2	4
5	6	1	7	4	2	8	3	9
3	2	4	8	9	1	7	6	5
4	7	2	3	1	5	6	9	8
6	3	5	4	8	9	2	1	7
1	8	9	6	2	7	4	5	3
7	1	3	2	5	8	9	4	6
2	4	8	9	6	3	5	7	1
9	5	6	1	7	4	3	8	2

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